



NEW COMMUNITY
CLARION
SERVING THE PEOPLE OF BABYLON - ST. ROSE OF LIMA & NEW COMMUNITY

VOL. 8 NO. 2

NEWARK, NEW JERSEY

APRIL, 1990

St. Rose Parish Celebrates Its Rich Cultural Heritage At A Gala International Night

St. Rose of Lima Parish in Newark enjoys an ethnic variety among its people which molds it into a fascinating international community. On Friday March 30, the parishioners came together to pay homage to their ancestors throughout the world at the second annual International Night.

The evening brought together peo-

faculty choir began the evenings entertainment raising their voices in praise of the Lord. There followed African folk dances, gospel singers and the rhythmic dance of today's young people. A song from the Philippines and one of their unique can dance reflected their country.

Patriotic dancing and song filled the festively decorated auditorium and a South African Boot Dance saluted the

hope of an end to apartheid and the release of Nelson Mandela.

As the Leslie Harris and Company Steel Band wrapped up the entertainment portion the mood was reflective of a Caribbean cruise. The only thing missing was the water.

The variety of foods prepared especially for the evening created a dining experience which educated as well as nourished. The foods offered

a creative interpretation of authentic local dishes from the regions represented, from classic American favorites to foods that would be served at a Bedouin feast in the deserts of the Middle East.

There was chicken tandori from Morocco, lasagna from Italy, Hoppin' Johns (peas and rice) which is Bahamian, and beef fajitas and tortillas

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Mrs. Regina Alston and her children modeling German fashions.

ple who could not understand each other because of language differences but who could still share their diverse backgrounds; many could not understand English but they could share their national entertainment, music, food and customs of fashion; all of which created a warm feeling of unity.

The evening highlighted the wealth of talent within the community, from youth to seniors and among the working people attending. The St. Rose

One Step Closer To Supermarket Opening

On Friday, March 30th, 1990, New Community came one step closer to the opening of its long awaited Pathmark Shopping Center when Mayor Sharpe James and Central Ward Councilman George Branch hand delivered the first installment check of \$427,000 on the \$1,530,000 for the UDAG Development Action Grant (UDAG) for the neighborhood shopping center project.

This funding is essential to finish building construction and maintain the store opening scheduled for July 4, 1990.

Commenting on this important step toward opening day, Mayor James said "Whenever we help New Community we're helping ourselves in the City of Newark, and this new shopping center has been a hue and cry for so long." He focused on the fact that "our citizens in our nearby neighborhood do not want to go on a bus and have to travel a great distance" to shop.

"I salute New Community for making this shopping center possible and I think all citizens in the area and the City of Newark will greatly benefit from having this quality shopping



Mayor Sharpe James, right, Central Ward Councilman George Branch, left, present Mary Smith, center, with the first UDAG installment check for the Pathmark Shopping Center.

center nearby," James continued. Since the shopping center would be the first in the area in two decades, the mayor felt it would be a magnet that would spur other development in the vicinity.

The mayor spoke of the advent of

the facility as "an exciting occasion for New Community and for seniors who want to be able to just walk and shop at a supermarket shopping center." For the City of Newark, said the mayor, "it's just part of our

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Archbishop Pays Pastoral Visit To St. Rose



Newark Archbishop Theodore E. McCarrick keeps in touch with the people in his care by visiting the parish to celebrate Mass and spend some time. He is pictured at St. Rose of Lima in Newark with Msgr. Wm. Linder, Pastor, Rev. Robert Furman and parish altar servers.

Clarion Reaching Wide Audience

Circulation Increased To 13,000

The popularity of THE CLARION has grown steadily since its debut in March 1983 with a circulation of 3,000. Within one month, interest in news of the New Community Network forced a jump from eight pages to twelve and an increase in circulation to 4,000. It has been rising steadily ever since.

In addition, we have had reports of CLARION sightings from New York City street corners to midwestern libraries. We have also gained some fine employees as a result of their reading the CLARION.

Most importantly THE CLARION is a forum for the people in the community whose interests we serve. It espouses the dignity of people everywhere and attempts to tell their story with understanding and compassion.

To improve the quality of life in Newark is an awesome goal, but not impossible if people walk in the

others' shoes and reach out their hands to help.

We hope THE CLARION helps to accomplish this.

Pat Foley

Editor





NCC Employment Center Jobtalk

by John Bins

The Hidden Job Market

Last month we talked about two of the best ways to find employment—viewers—answering classified ads and using employment agencies. Many employers use these avenues for locating employment candidates, but it has been estimated that up to 80% of the jobs that are filled do not use either channel. We'll be talking now about how to remove the job market that is called the hidden job market.

Direct Approaches To Employers

When you send a letter and resume in response to a classified advertisement you have the advantage of knowing that the employer is seeking a job candidate just like your qualifications as spelled out in the ad. The downside is that everybody else knows who you are and the employer may get hundreds of resumes.

But picture the alternative. You send out resumes to many possible employers. Some percentage will land on the desk of a manager who needs what you have to offer, but the manner like the solution to a problem. Perhaps he or she knows an employee is leaving soon or one had just quit, or possibly a new position is being developed. Your resume is right there. And in this situation the competition?

To locate these kinds of opportunities for yourself requires time and initiative, but I know from first hand experience that it works. All you'll need is a resume, a cover letter and a list of employers that can be reasonably expected to have the position you want. Then you will find your prospect list in a tutor available in any business library. If you guess roughly that you will get a positive response from one in a hundred, it's obvious that you will need to send out several hundred.

Contributions To New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power of the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact the Development Office at (201) 623-2800 ext. 206.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are accepted by anyone and all concerned.

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Be as inclusive as possible with your list, particularly not skipping prospective employers because they seem far away. The tighter you make your geographical boundaries, the longer it will take to find the job you want.

Still another way to approach in conjunction with the phone? Yes. You can phone the company or organization ahead to learn the particular individual to address. Generally you should aim near the top of the organization and let it tickle down. (But you're not trying to learn which committee to send to. That's already decided.)

Another way to use the phone is follow up. Say in the letter that you will call "a week from Tuesday." They may spark some action. Or you can phone both before and after if the telephone number is listed. And if there's a choice between telephoning and sending out more letters, I recommend using your resources for wider exposure by mail.

A variation of this approach that is very effective if you have some good experience is to include a mailing list in place of a resume and cover letter. This has the advantage of being able to concentrate attention on your experiences, on functions you have performed and on what you can do for the reader—the prospective employer. The selling letter rarely highlights your employment history and so has been used particularly effectively by the older worker with heavy experience, by those returning to the employment market after years of absence and by those whose recent job experience is not as applicable to the position sought.

The factor worker who goes from place to place filling out applications is also addressing the hidden job market. But he or she could probably improve their effectiveness by using the telephone to find which employers say they are hiring. A person does not need selling skills to explain to make this approach pay off, although a little preparation helps. If possible, put together a sentence or two about yourself and your experience. That plus the fact that you did call ahead will distinguish you from some of the other job seekers. But whether phoning or mailing, one needs to be prepared to contact big numbers of employers.

Using Networking (Word-of-Mouth)

This is the last of the four key ways to get interviews. While everyone makes some use of it, very few use it to its fullest effectiveness. Whole books have been written on the subject.

The most basic rule is to make sure that everyone you know is kept aware of the job you are trying to obtain. Everyone means not only close friends and relatives but your former business associates, former employers and many of the people you meet everyday who might help you. While your person may not know of a job opening, someone they know could know of one or could introduce you to someone who does.

If your work is specialized at all, your friends will be helpful only if they have a clear idea of what kind of work you do, at what level you've done it and the kind of industry in which you have experience. If you tell them the exact kind of manager you need to meet, they will want to help if they know a way to reach such a person.

A subtle way to encourage a friend to help you contacts is to send them two copies of your resume. Most people would try to think of a person

New Community Senior Housing Developments Take On A New Look

New Community senior housing developments are taking on a new look. All senior housing developments are being redecorated with new carpeting, wallcoverings and public room furnishings. New Community Companies and Associates are the first two developments to be redecorated. The remaining senior buildings are scheduled to be updated by mid-spring.

We try to do our very best for the residents of New Community. This will be strikingly evident when the refurbishing of all the buildings has

been completed. Beautiful carpeting, bright wallcoverings, soft pastel paint trim, and comfortable sofas and chairs are just a few of the comforts that make a residence, not just a place to live, but a place people are proud to call home.

We at New Community are grateful to our residents who have given so unselfishly of themselves to help make New Community a place which so many are proud to call home. With their continued support and cooperation, New Community will remain a community that is second to none.



M.E. Saboski Associates are shown removing the old carpets from New Community's buildings.

The Right Thing

Employment and Training Specialist for Newark Private Industry Council sounded like the right thing for Barbara Jenkins when she was seeking work two years ago. She had been working nine years as a secretary, receptionist and inventory clerk and she needed a challenge. She had an exuberant and pleasing personality, and was effective in dealing with people.

We made an appointment for Barbara and she was interviewed. Then the waiting began. But soon she called to tell me the good news that she was hired. She was delighted as this was a great opportunity she had been looking for to use some of her creative talent. She couldn't thank me enough, following up with a thank you note and a beautiful poem.

Barbara is like that. She is outgoing and seems to people which may result in part from her friendly, outgoing function which has kept her on dialysis for 18 years. She likes being able to encourage others to overcome their handicaps and limitations and certainly serves as a role model.

Barbara admits that many times it wasn't easy, but with God's help, her husband and her family she felt she was always able to do a good job.

to whom she could send at least one of them for you. Keep in mind in any interview, even if there is not an immediate opening, you never know who may know someone to whom they would refer you. Encourage this. What you need are contacts and interviews, and it's great to be recommended by someone.

Next month we'll concentrate on what to do when you do have an employer interview.

NEW COMMUNITY EMPLOYMENT CENTER

Employers with job orders or job seekers wanting appointments...call 733-4930.



Barbara Jenkins

Newark Private Industry Council shares responsibility with the Mayor's Office of Employment and Training for employment and training activities enabled by the Job Training and Partnership Act. Barbara's work on workshops, job fairs, newsletters, public service announcements, home visits, networking and mailing programs helps to promote the benefits of participation in the training programs they sponsor and results in a greater public awareness of their work. "We are a team at NPIC," Barbara states, "more like a family working together to get a good job done."

Barbara shares some good news (but not satisfaction she derives from her work)—her brother is donating a kidney to her this month and she is hopeful that dialysis may soon be in her past.

We hope so too.

Mary Bins



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Supermarket Shaping Up Rapidly...

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Renaissance that we're so thrilled about."

Major James used the event as a time to commend New Community's leadership, saying, "I want to salute Msgr. Linder, Mary Smith and the New Community family for having the interest and the sensitivity and the courage to stay there in the trenches and fight for this facility against decreasing federal dollars and make it a reality."

"The sun has shown through and it's a better city, a better state and a better world for the occasion of this new shopping center opening up," concluded Major James.

What makes this venture so unique is the fact that the two-thirds share of the profits which New Community will gain from the operation will stay in the community. The shopping center will also provide over 300 full-time and part-time jobs for Newark residents.

Councilman Branch expressed pride in the work the council had

done with New Community. "We always praised New Community for their accomplishments. Had it not been for them, today Newark would not have all those units for low income people." As the representative of his people in the central ward, he feels the work completed by New Community reflects well on his stewardship and provides a good foundation for the entire city to follow. Mayor James, Fr. Linder, Mary Smith and the entire board had done an outstanding job in bringing the new shopping center to Newark making him "proud to be here today to present the check."

Mary Smith, treasurer of the board of trustees of New Community, happily announced the UDAG check, lauding Mayor James and Councilman Branch as well as the entire Newark City Council for their continuing support of New Community's efforts to open this first major supermarket in over 20 years. Ms. Smith said "our downtown community represents a unique joint venture between Supermarkets General Corporation



Men shown finishing the interior ceiling welding.



Units of fans are being delivered to the roof by crane.



Shown above are the newly installed refrigeration units.



Masons work on building up interior walls.



Worker shown skillfully and meticulously laying the tiles.

(Pethmark) and a community-based non-profit group to meet an urgent need for people to shop in their neighborhoods. The granting of a tax abatement by the city council and the city's funding support was essential to make this dream a reality."

The large number of full-time and part-time jobs to be created will be a welcome opportunity for Newark residents.

In addition to the 46,000 square foot Pathmark Supermarket, the shopping center will contain a Dunkin' Donuts franchise and an international food court specializing in a wide range of foods and beverages, appealing to the varied tastes of our local population. Some 50 percent of the profit will remain in the community; it will be an important boost to the economy of Newark. We can't wait to see it open.

**New Community
Federal Credit Union**

Annual
Membership Meeting

MONDAY
5:30pm, April 9th

140 South Orange Avenue
Newark, NJ

The Priory Restaurant

233 West Market Street Newark, New Jersey 07103

DINING AND ENTERTAINMENT
SPECIALS FOR APRIL

Easter Sunday - April 15, 1990

Featuring A Special Holiday Brunch

From 9:30 a.m. until 2:30 p.m.

\$14.95 for adults

\$6.95 for children 12 and under

and Dinner Buffet

From 5:30 p.m. until 10 p.m.

\$19.95 for adults

\$8.95 for children 12 and under

• Free Picture Of Children With Easter Bunny

Reservations Now Being Accepted (201)-242-8012

SECRETARIES DAY - APRIL 25TH

Give Your Secretary A Special Lunch or Dinner

A Rose For Each Secretary

Make Your Reservations Now...

Performance Showcase on Wednesday Nights

Starts Wednesday April 25th @ 10 p.m.

Great After Work Entertainment

Cover \$5.00

On Site Free Parking



Toys Shared: Hearts Cared

Through the efforts of the AIDS Resource Foundation for Children and Toys R Us Corporation, the New Community Network participated in a free toy distribution for children of all ages.

Thomas Ricciardone and Richard Lennard from the AIDS Resource Foundation for Children, and volunteer Rick Hood worked diligent-

AIDS - St. Clare's Home for Children in Elizabeth, Jersey City and Neptune. The Foundation, which is located at Haller House on Roseville Avenue in Newark, also provides a wide range of supportive services for families struggling with the day to day realities of AIDS.

The New Community Network thanks Toys R Us and especially the



Shown from left to right are Thomas Ricciardone, Larry Goldston, Rich Hood, and Richard Lennard unloading the toys.

ly transporting and delivering the toys to New Community Network services. There, the toys were distributed to Bayblond, Harmony House and the New Community After School Program.

The AIDS Resource Foundation for Children, founded by Terrance and Fay Zealand, operates three special homes for infants and children with

AIDS Resource Foundation for Children. One of their efforts is their gift of New Community. The Foundation chose to share their toys with us even though they could have used them themselves. The gift of sharing in a time of limited resources only emphasizes how non-profits can work together to grow and better implement this mission collectively.

Spa Is Buzzing For Spring

The New Beginnings Spa at St. Joseph Plaza is a popular place lately thanks to a recently advertised "2 for 1" special which spa manager Ed Scott says we encouraged a lot of people to try.

The Spa's new business manager, Madge Wilson says she has received many compliments on the sparkling facilities and the new amenities which include a brand new floor in the aerobics room, "big beds" and "Oh, the water is good!" often heard.

With the emphasis in the medical world lately on healthy weight loss for a healthier future, some members are very pleased to be able to enjoy our facilities to produce such weight loss.

Lillian Moses, who is employed by Prudential Insurance Company of Parsippany is very proud of herself. She said of our program, "It works. I lost 18 pounds total."

Mrs. Moses joined the Spa in December and has been coming three and four times a week and is very proud of her weight loss.

She feels that in comparison to some of the other spas around she considers the New Beginnings Spa the best in the area, particularly because of the friendly atmosphere.

with which she's greeted when she comes. She feels another consideration which gives us a plus is the instructors, who are both good and patient for the aerobic classes, and who are willing to work with the members.

Josephine Conwell-Carter, a nurse at St. Michael's Hospital also has a weight loss goal. She heard about the spa not long ago and decided to join. Ms. Conwell-Carter is very happy because she has come in located to help her work toward her goal to lose weight and firm up her body.

New member Janice Bell, a dental student at UMDNJ says she really looks forward to exercising and especially loves the aerobic classes.

Ed Scott, the spa's own nutrition expert, coming as evidence to the fact that Alex Solis another dental student at UMDNJ who recently became a member, enjoys the spa because it gives him an opportunity to work on body building in which he is interested as well as exercising which he has never done before.

If you're thinking about making a positive change in your life, please call Madge or Ed at 624-7373. They'll be happy to talk to you about a membership.

The Priory Restaurant

The Preferred Place For Memorable Celebrations

- PERFECT WEDDING RECEPTION
- MEMORABLE WEDDING ANNIVERSARY
- HAPPIEST BIRTHDAY
- PROUD GRADUATION
- CELEBRATED PROMOTION

For All Reservations Contact Banquet Manager S. Natesan

623-2800

233 W. MARKET STREET, NEWARK, N.J. 07103



On Site Free Parking

People Helping People Campaign

New Community Harmony House, a transitional homeless facility for one hundred and two (102) homeless families, has undertaken a "People Helping People" Campaign.

Ed Davidson of the Davidson Association is the coordinator of the campaign. He has graciously offered his services in helping to meet the needs of homeless families. The focus of the campaign is to involve employees of major employers in the greater Newark area to donate items as well as monetary contributions to homeless families residing at Harmony House.

To date, Mr. Davidson has contacted Public Service Electric and Gas Company, Prudential Life Insurance Company of America, Mutual Benefit Life Insurance Company, the Newark Community Development Corporation. Mr. Davidson has received two (2) televisions from a motel chain and kitchen items from individual donors.

Items and monetary donations will assist Harmony House programming in providing comprehensive social services — day care, youth services, adult groups, workshops and classes, job training and placement as well as

relocation assistance.

Companies who choose to join the People Helping People Campaign will be joining Hartz Mountain Industries, Inc., Leonard Stern Foundation and Mutual Benefit Life Insurance Company in their partnership to help the homeless.



Ed Davidson

Mr. Davidson will be pleased to work with any organization in regard to fund raising efforts. He can be reached at (201) 622-0707 for further information and assistance. Harmony House staff is also available for information. The contact person is Jeanette Page-Hawkins, Administrator, at (201) 623-8555.

Outstanding Employee At Priory Restaurant

Lorraine Walker-Busperson

Mr. Natesan, manager of The Priory Restaurant, can't say enough about the excellent work performed by busperson Lorraine Walker. She has a smile on her face, the job sensing the needs of her guests and acting immediately.

Lorraine requires a minimum of supervision since she is always consistent with the quality of her work.

Despite a handicap, she attends all trainings sessions, participating by lipreading. She is always well groomed and cheerful.

Lorraine was born August 16, 1946 and is the mother of two sons, Clifford, 22, and Lawrence, 19. She lives in East Orange and has been working for The New Community for 3½ years.

"I like working for The New Community because I have met some good people here," said Lorraine. "I've made lots of friends and I enjoy my job. I love setting tables and making sure all the utensils are clean for the customers."

She told us she has stayed at New Community so long because it is very

hard to find work, and even harder for someone like her, with a handicap. Lorraine stays at home in New Community because they have given her a chance to prove she can still do a job doing just that. She found the training very helpful and feels very confident.



about clearing the tables in a professional manner.

"I am thankful to my manager, Mr. Natesan," Lorraine told us.

The feeling seems to be quite mutual.

THE CHEF'S CORNER

Many people enjoy meatless meals either for Lent or as a diet preference. This dish is easy to make and very tasty. It is a favorite here at the Priory Restaurant in St. Joseph Plaza.

Rigatoni Parmodoro

For two:
1 lb. rigatoni pasta
4 large RIPE plum tomatoes
½ medium onion
3 cloves fresh garlic
6 black olives sliced
3 oz. parmesan cheese
1 oz. olive oil (jigger)
Salt and pepper to taste

First, place rigatoni in boiling water for 15 minutes (cook firm). Cut onion and garlic. Heat oil in a pan and sauté onion and garlic until golden brown. Add black olives and sauté. Slice the skin twice or twice with a sharp knife and plunge into boiling water for a second or two, then into cold. The skin will come right off.



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Crush your fresh garlic.

Now add the onions in olive oil just to another (not brown) and add garlic and chopped tomatoes. Cook 3-4 minutes.

Add rigatoni and blend together. Add sliced black olives.

Just before serving add the parmesan cheese and serve immediately or cheese flavor will diminish.

This recipe is also good with 2 oz. of thinly sliced smoked salmon added.

This is Joe wishing you Bon Appétit!



Parish Celebrates Varied Cultures...

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from Spain. Escabeche (Peruvian style chicken) and Mexican spicy chili and rice brought the America's into the picture as did the dish "dirty rice" a Southern specialty from New Orleans. The Greek four bean salad represented. The Greek four bean salad represented a little taste of another fine culture.

In the contest for best dish of the night, first prize was carried away by Mrs. Ruby Marshall for her Mississippi Bread Pudding and second prize went to Mrs. Vernel Williams for her

Nutty Upside Down Cake.

Pleasing to the eye were fashions from the world over, including Liberia, Jamaica, Germany, Sri Lanka, Japan, France, Peru, the Philippines and the United States Native American Indians.

With the tame of news in the United States so negative about cultural differences it was heartening to see so many people of diverse origin coming together in the true Christian spirit of understanding and unity for such a happy occasion.



Bartender Gail Chaneyfield hands a beer to Sister Ann Quirk.



Exotic food was enjoyed by all.



Joyce Cook adds her finishing touches to the tables.



Alma Major, from Alma and Company, sings from her soul.

Mark Your Calendar!

Chinese Auction - May 5, 1990
Benefit Of St. Rose School



The international cuisine made the judges decision a difficult one.



African folk dancers show their stuff.
Fashions from the world were pleasing to the eye.

New Commissioner Of Community Affairs Pays Visit To New Community



Mary Smith welcoming a friend of New Community, Commissioner Randy Primas. Good Luck Randy!

Lunch Crunch?
We'll Save The Day...

Call

The Catering Connection

at

The Priory Restaurant

Ask About Our New
Catering Menu

24 Hrs. Notice Required

Phone 623-2800
Monday-Friday

Minimum Of 10 People

Reflections:**How To Preserve
A Strong Mind –
Flex It Regularly**

I came across this quote reading about a Jewish Nursing Home in New York City. It was written in the fact that though many were physically disabled, they were still anxious to improve their minds.

There are people, like all those in nursing homes, who are trying to walk quietly into the sunset with earned dignity. They want to take part in anything – it has to do with politics – in fact, anything that keeps the mind alive."

The process described in the story begins with residents tossing around ideas. It stimulates and it involves them. In many of the aging process, there is a critical link that keeps the mind is clear and wants answers.

Many have little understanding of the difference between Medicaid and Medicare. One resident was deeply annoyed by the fact that Medicare took care of his hospitalization but when he was transferred to the Nursing Home, most of his wife's savings were used to initiate his care there. The Medicaid law was so instituted to prevent the affluent from free loading.

As we get older, all of us are fearful of running out of life's savings because we might live too long and



Dr. Paul
Kearney

then we would be a burden on the family.

That article on the Nursing Homes implemented a thought to involve the residents more actively in what they would enjoy. Here at New Community the staff could plan small talk on health, visits to excellent places such as the recently renovated Newark Museum, the Cherry Blossom Festival, Branch Brook Park in the Spring, even Turtle Zoo – yes, for those who might want to touch children again.

To be an active participant in the world's activities keeps one feeling alive.

Paul Kearney, M.D.
Medical Director
NC Extended Care Facility

**Home Health Aide
Of The Month**

April 1996 – Barbara Godwin

Barbara Godwin is one of the most experienced of our Home Health Aides having come to us over two years ago. Her experience goes beyond us, to include time as a Home Friend and to becoming a Home Health Aide.

Throughout her time with us Barbara has consistently delivered quality care to her clients. Her caring manner is obviously the product of a generous heart. Congratulations, Barbara! Thank you! Thank you!



Barbara Godwin

NEW BEGINNINGS SPA

WHY WEIGHT?
DON'T WAIT!!



OUR 2 FOR 1 SPRING SPECIAL WILL HELP
YOU LOSE THE WINTER WEIGHT!!!

**2 PEOPLE FOR THE PRICE OF ONE!!!
1 YEAR OF HEALTH AND WEIGHT LOSS!!!**

RELAX IN OUR WHIRLPOOL AND SAUNA AREA!!!
WE BELIEVE THAT EXERCISE MUST BECOME PART
OF YOUR LIFESTYLE!

CALL TODAY!

624-7373

233 W. MARKET ST., NEWARK, N.J.

**FOOT
FACTS:****Hot Tips For Cold Feet –
A Year Round Problem**

Office Hours at St. Joseph's Plaza
9-12 Mon.
9-12 every 2nd & 4th Sat.

Dr. Kenneth
Frank
Podiatrist



Cold feet are among life's greatest discomforts – literally as well as figuratively. Worse, cold feet can be a serious threat to foot health. Since toes have some of the smallest blood vessels in the entire body, they are especially sensitive to temperature, no matter what the weather. Some people's feet feel cold year round. It's normal for even an active person to have problems with chilled feet on cold winter days. Cold feet can range from occasional mild discomfort to a chronic condition that could be a symptom of an underlying disease.

One of the most common factors causing the feet to chill is moisture. Water, as an effective temperature conductor, warms to the temperature of the body. If cold water seeps through the shoe, it is warmed to the temperature of the foot. Already chilled feet, in trying to warm the body, lose heat and end up colder than they began.

Perspiration has the same effect. If the feet get too hot and sweat from exercise, or from nonporous boots, chill will seep in when you go outside again and the feet will be as cold as if they had been leashed.

"A numb feeling..."

When feet are cold, the muscles contract and narrow or close down the blood vessels, reducing the blood supply. This produces a numb feeling and may cause the feet to become pale. At the frostbite level, cell walls break down, sometimes causing permanent damage to blood vessels, nerves and tissue.

Warning signs for frostbite include intense numbness, sometimes burning or pain, skin that's pale, grey, or mottled to blue-white from lack of blood.

Damage from frostbite is not easily repaired once it occurs. The best way to warm cold feet is to soak them in tepid water. Start with water about 90 degrees. The warm water will gradually relax the muscles, allowing the blood to flow again. Hot water can cause too much blood to flow all at once and the strain could be too great for the veins.

Handle cold feet gently, especially if they are numb or discolored. Rub the calf or thigh – not your feet – to stimulate blood flow downward. If color and sensation don't return to normal after 30 minutes of rewarming, contact a podiatric physician right away.

Excessive chill can usually be prevented by wearing the proper

footwear. Air in your shoes and socks is the best insulator to combat cold. Besides insulating, air helps the skin dry out. Loose thick socks and in extreme cold, layered socks, help insulate. Cotton and wool are good insulators. Thin silk socks are good underneath thicker socks. Orion is memory insulation for sport socks to wear ice-skating or cross-country skiing.

Outdoor boots should be roomy enough to allow movement. Footwear should be waterproof, have thick soles, and preferably have a warm inner layer of foam or fur.

Keep your feet moving whenever you can. If you must stand in cold for awhile. Wiggle your toes, rise up and down on the balls of your feet, or switch weight from one foot to the other. However, don't be so vigorous as to cause your feet to sweat.

If you are ice-skating and feel your toes begin to go numb, head for shelter, even if it's only your car. Then, if you must stay outside, use a foot-warmer available - body heat. Wrap your hands around your feet, or put your feet against a good pal's skin, under the clothing where heat collects. When color returns to the skin and the feet feel normal, put on dry socks and you'll be ready for action.

Avoid tobacco/caffeine

Lifestyle can have an effect on reaction to the cold. Regular exercise before bed is a good idea. A fitness routine can make your feet feel a lot warmer. Caffeine and tobacco constrict blood vessels and should be avoided, especially just before going out into the cold. Alcohol dilates surface blood vessels and lets body heat escape faster than usual.

You may need to add drops while you sleep, so you'll need more covers at 4:00 a.m. than at 11:00 p.m. An extra blanket and loose socks can help hold body heat in the feet.

If your feet are usually cold, see a podiatric physician. This symptom may signify a disease. It is perfectly normal for feet to be cold in cold weather. But the important factor is in dealing with this problem – don't let the weather cause permanent damage.

Passover
*Have a
HAPPY AND HEALTHY*

New Community Home Health Care

Currently providing services in the home to over 160 clients and families throughout Newark and East Orange.

- MEDICAID and H.C.E.P. (Home Care Extension Program) Provider of Personal Care Services and Bath Services and a C.C.P.E.D. (Community Care Project For The Elderly and Disabled) Provider of Homemaking Services.

- PRIVATE Provider of in-home personal care services.

Referrals are welcomed from:

- Individuals themselves who are in need of services
- Family Members • Friends • Health Care Professionals • Human Services Professionals • Building Managers • Clergy

Call: (201) 733-2121

A nurse will visit at your convenience to evaluate your needs, explain our services and answer any questions you may have. **Se Habla Espanol.**

Christmas In February?

The arrival of four huge boxes from Hallmark company provided a dreary snowy afternoon in February into a really Christmas-like day in Babyland V. Children and staff alike were curious to see what treasures were hidden in the depths of the cartons.

As the boxes were opened, faces lit up with excitement. Trucks, then trucks, then blocks were dramatically unveiled. There were joys to delight every age group at Babyland. The youngest children were fascinated by the bright colors of the Poppin' Plane and Wee Wheels which would be sent all the way across the room.

Toddlers sat with Dressey Bessy and Dapper Dan, who came equipped with zipper, snaps, buttons and laces to help busy little fingers master the intricacies of dressing themselves.

For the mechanically inclined, there were numerous puzzles and a

Sesame Street workbench, complete with tools and hardware which promise many following hours of amusement. Wooden building blocks and letter blocks are now available for further educational and creative experiences.

The older children can enjoy the many board games which are now filled with puzzles, memory games, checkers, games requiring concentration and memory skills were immediate favorites. In less intense moments, these same children laugh at the many faces of Mr. Potato Head, complete with glasses, moustache and noses that can — or backwards, of course!

In the excitement, it seemed like all in Babyland were celebrating birthdays on the same day. Our gratitude is boundless to Habro Corporation for their generous donation.

Sr. Regina
Babyland V



Excitement, fun, and laughter filled Babyland V when the new toys arrived.

Parent's Helper: The Month Of The Child

Riddle: What job is 24 hours a day, and lasts forever while requiring tremendous dedication, enthusiasm, patience and love, along with skills in nutrition, first aid, education, economics and home economics? This job offers no pay and no guaranteed time off. No formal training is required.

Answer: Being a Parent.

April is The Month of the Child. We as parents may have busy work schedules, hectic affairs, meetings, and just plain busyness, which is why coming home from work. Despite this we as parents must try to set aside some constructive time for our child (children), and demonstrate positive reinforcement when needed.

Perhaps to celebrate this special

month devoted to children we can try to use as many encouraging words as we can each day.

Here are a few to get you started in the right direction:

— Congratulations! Good Going! I knew you could do it!

— Oh maybe try!

— Fine job! I'm so proud of you! I sure am happy you are my child!

— The most important of all perhaps is a great big hug followed by "I love you."

— Maybe we can't change the whole world but a good word here and there can make a big difference in our own little part of it...our family.

Theresa Walker
Social Worker
Babyland Nursery

A Dedication Of Love

We at Babyland Nursery would like to dedicate a small part of The Clarion to the memory of one of our most dedicated and loved employees — Ms. Pauline Thomas. To our regret, Ms. Thomas passed away on March 4, 1990.

Ms. Thomas was an employee of Babyland Nursery for many years. She worked in the capacity of primary caregiver for the Head Start infant room at Babyland I. "Miss Pauline," as she was fondly called, loved and cared for her babies as if they were her own and they loved her in return. Pauline was a good and reliable friend to her coworkers, and always had a kind word for anyone who crossed her path.

Pauline Thomas will be missed by all those whom she touched in her lifetime...

We all miss her...
MS. PAULINE THOMAS
December 7, 1938 to March 4, 1990
Dionne Ledford
Babyland I

Caregiver Specialist

Once, two sisters and their FSPs are writing a community letter for the Franciscan Sisters of Peace. Three sisters from this community are presently employed in Babyland. Sister Ellen at Babyland III and Sister Regina at Babyland V have been employed since September, 1989. Sister Barbara Haworth started working at Babyland IV in January 1990.

Sister Barbara arrived at Babyland IV the day Sister Regina was leaving to take on her new position as Center Supervisor of Babyland V. Although it was difficult to let Sister Barbara go the staff was consoled to know that Sister Barbara was on her way.

Sister Barbara is a caregiver specialist. She brings to her new position as Head Teacher a wealth of experience in working with small children. Sister Barbara has a Master Degree in Art Education. Her artistic ability truly enhances



Sister Barbara Haworth

our day care program. Together with the other caregiving staff, Grace, Joyce, and Emma the children at Babyland IV are well taken care of.

So, if you're ever in the area please stop by to meet Sister Barbara.



Victor Cintron
as the janitor for Babyland IV. Victor has a wonderful ability to accomplish his work thoroughly and efficiently. Therefore, he now has the responsibility of maintaining the

Poison Prevention Program At Babyland V

As part of Poison Prevention Month the children of Babyland III were presented with a program by the Health Education Bureau of the City of Newark, Department of Health, hoping to prevent accidental poisoning in this vulnerable age bracket.

The program consisted of a puppet

show for the children and the staff and included an information package for the children to take home to their parents.

Perhaps these precious little ones can avoid some pitfalls in their lives as a result.



The children in Babyland III participate in the puppet show.

NEW COMMUNITY ADULT MEDICAL DAY CARE

266 So. Orange Ave., Newark

WE OFFER:

FREE

- * TRANSPORTATION
- * LUNCH
- * ARTS/CRAFTS

— WE ALSO PROVIDE:

NURSE ON DUTY & SOCIAL SERVICES

Monday thru Friday 9 a.m.-2 p.m.

CALL: **624-2020**

Security Corner

Officer Of The Month

Security Officer Gregory Mays, a fourteen month veteran of the NCC Security Department, was selected Officer of the Month for March 1990.

Officer Mays, who is assigned to Douglas Homes Senior, 15 Hill Street, for his 24 hour of duty, was chosen for his loyalty and unselfish dedication to duty.

Mays, a soft spoken, mild mannered individual, who at the same time, is assertive without being abrasive, is very popular with the residents. When questioned, he readily admits his love for the people and his job, a fact that is evident. The admiration was very much in evidence a year ago when Officer Mays, who had been assigned to the site on a temporary basis, was about to be reassigned to foot patrol duty. When the Director of Security, James Dill, received a petition containing the names of sixty-eight of the tenants requesting Mays be permanently assigned to the building he acceded to their wishes.

Officer Mays, a former member of the Shabazz High School football team, became a construction worker upon graduation but decided he wanted to be a Security Guard and eventually pursue a career in law enforcement. Disenchanted with several security companies, he decided to seek a position with the New Community Security Department, a decision he states he is very proud of having made.

The Security Department congratulates Security Officer Mays on his achievement.

Mays was presented with a plaque in recognition, by the New Community Corporation and Katzins Uniform

Company of Newark, co-sponsors of the program.

Color Guard In St. Patrick's Day Parade

On Sunday, March 18, 1990 the New Community Security Color Guard once again was invited by the St. Patrick's Day Parade Committee to represent the New Community Corporation in its 55th Annual Parade in the Westfield section of Newark.

The parade which began at 2:30 p.m. started at the corner of Green and Sanford Avenue, ending at the Seton Hall University in South Orange.

The Color Guard was warmly received all along the parade route by the many spectators along the sidelines.

The men were led by Security Officer Lawrence Thompson (Commander) members were: Security Of-

ficers Samuel Bell, Richard Comacho and Jesse Chambers.

NCC Security Establishes Karate Club

Approximately six months ago Security Officer Abdush Sharrieff Bey started a karate class for NCC Security Officers.

Officer Sharrieff Bey who is the Sensei (instructor), with a seven degree black belt, teaches Ken Po, a combination of Japanese and Chinese styles.

The class is presently composed of eight officers. Sgt. James Hubbard and Officers Lawrence Thompson, Clinton Ruite and Samuel Bell were promoted from white to first degree yellow belt. Officers Jesse Chambers, Richard Camacho, Michael Whitley are all white belts.

The class, known as the NCC Security Karate Club, was started by

the Sensei.

The class is held every Tuesday, Thursday, Friday and Saturday at the New Beginnings Health Spa located at Saint Joseph Plaza, 233 West Market Street, Newark.

The first tournament will be held in May 1990 according to Sharrieff Bey.

Officer Sharrieff Bey on the request of other officers who were interested in



Learning the moves for self-defense.

Classes are held for two hours every Tuesday, Thursday and Friday in the second floor room of New Beginnings Health Spa located at Saint Joseph Plaza, 233 West Market Street, Newark.

The first tournament will be held in May 1990 according to Sharrieff Bey.

Promoted To Sergeant



Geoffrey Barron



Color Guard representing New Community marched proudly down the green line on St. Patrick's Day.

Black History Notes

Researched By James E. DuBose

When Black Skin Made A Difference

There were at least two times in American History where having a black skin made a difference in life. The first was the Lewis and Clark Expedition and the second was during the Exploration of the North Pole.

Lewis and Clark

During 1804-5, Captains Meriwether Lewis and William Clark explored the northward flowing Louisiana Territory and mapped an overland route to the Pacific Ocean. Clark brought along a slave named "York."

Soon after the expedition started, "York" became its ambassador among the plains Indians. The Indians had never seen a black before and they were intrigued by him. In addition, it was a custom among many tribes (Warriors) when returning from battle to daub parts of their bodies with charcoal to symbolize their bravery. "York" was looked upon as a very brave man, because he was black and black and the color would not come off.

The Indians considered him, not Lewis or Clark to be the leader of the group because only braves lead parties such as this. As a consequence, many tribes that Lewis and Clark thought would be hostile, turned out to be very friendly...thanks to "York" and his Blackness.

North Pole Exploration

The second instance of black skin making a difference occurred during the efforts of one of the first men to reach the North Pole, Matthew Henson, who was born in 1866 on his parent's farm, near the Potomac

River, in Charles County, Maryland. Both of his parents had spent their lives as free Blacks in the South which history tells us, most Blacks were slaves.

During the expedition to the North Pole, which was commanded by Admiral Robert Perry, Henson soon discovered that being Black could have caused some problems in the Arctic. At the invitation of members of the expedition, an Eskimo family traveling in the area was invited to stay near the camp. One of the Eskimos, a man named Ikwhaw, spotted Henson and ran over to him speaking excitedly. The Eskimo language was so strange to Henson for comparison and Henson saw that their skin color was similar. Ikwhaw grinned and said "In-nuit, In-nuit," repeating the Eskimo word meaning "his people."

Because Henson was not a Kabloona (a white person), Ikwhaw believed he was a dog and who had become lost from his tribe and he (Henson) had forgotten the Eskimo language. Ikwhaw and his family adopted Henson who soon mastered the Eskimo language.

On the eve of the final leg of the expedition, during which the Eskimos mutinied, they sat by their sleds and refused to let Perry and his people Perry could not persuade them to work and offers of extra presents of valuable goods were turned down. The Eskimos told Perry that they would be eaten by Tahnusuk. The admiral, who had lost his toes to frost bite, was told by the Eskimos that



Director DuBose and Yahya Muhammad present Gregory Mays with his plaque.

Tahnusuk had taken his toes, killed his dogs and starved him. Perry tried to assure them that the devil, Tahnusuk did not exist because no one had seen it.

Because Henson now knew the Eskimo language and had their respect, Perry asked Henson to speak to the Eskimos. Henson agreed to return to camp and reported that everything was okay and the Eskimos were packing the expedition's sleds.

On April 7, 1899, both Perry and Henson achieved their goal, raising the American flag high above an ice ridge in the North Pole thereby literally standing on top of the world.

The Eskimos to whom Henson had grown so close, carried on his name in many songs, stories and legends.

The Eskimos called Henson "My Poluk." He was to them, the greatest of all the men who had come from the south.

CALL FOR HELP

Is your husband or boyfriend abusing you? You are not alone — it happens, but there's a number you can call 24 hours a day where people are available to help you explore your feelings and plans. All calls are kept confidential.

Don't let this situation continue. NO ONE DESERVES TO BE BEATEN!

Call Babyland's Essex County Family Violence Project at 484-4446. In the Caldwell area, call PEACE at 226-6166.

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Harmony House Celebrates Black History Month

On Monday, February 26, 1990, the children of Harmony House put on a program in honor of Black History Month.

The children recited poetry, composed and read essays, performed skits, designed posters and danced to show their appreciation for their favorite figures in black history. Many of the parents came out to see their children perform.

Director James Dubose sponsored awards for the program and presented the children with them. Director Dubose gave out a total of six beautiful medals for first, second and

third prize for winning posters and essays.

Awards went to the following poster winners:

Miriam Felton - 1st place
Julian Brown - 2nd place
Felicia Beatty - 3rd place

The following received awards for the skits:

Louie Rousseau - 1st place
Christina Hammonds - 2nd place
Thomas Davis - 3rd place

The staff of Harmony House congratulates our young people for their efforts and we wish them continued success.



Children performed skits that showed appreciation for their favorite people in Black History.

America's Clothiers United For Homeless Clothes Distribution At Harmony House

February 20th through March 2, 1990 was Cloth America Week. On February 26, 1990, New Community Harmony House families were honored to be one of a hundred (100) agencies nationwide to receive new clothing from major clothing

to the needy. Families from Harmony House received 26 cartons of women's and children's clothing from Russ Togs Inc., Crazy Horse, K-Mart, Lane Bryant and Izar La Cross. More than 450 retailers and manufacturers will donate over \$2



A spring wardrobe was easy to choose with all the new clothes.

manufacturers and retailers.

During the Cloth America Week six hundred and twenty-five (625) cartons of clothing (current styles) valued at \$250,000 were distributed

million in merchandise to charities serving the homeless nation-wide during 1990. The massive effort was initiated by Ken Sitomer, President of Russ Togs whose goal is to bring the public closer to life of the homeless through providing quality clothing. Gifts in Kind America, a national charity associated with United Way of America will be coordinating the national effort to clothe the homeless.

Susan Ernest, Russ Togs Inc. representative, was present during Harmony House's clothing distribution. She received warm thanks from families receiving the generous gift of clothing.

Answer the Census.
It Counts for More Than You Think!

CENSUS '90



The Shopping Center Is Coming						
Supermarket		Dunkin' Donuts		International Food Court		
April						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
May						
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29	30	31				



Sr. Juanita and 3rd place winner
Felicia Beatty.

Yes, It's St. Patrick's Day

In honor of Saint Patrick's Day, the children of Harmony House celebrated by participating in a group arts and crafts activity.

The children created their version of Lucky the Leprechaun and bright green shamrocks to add to the decor



Making Lucky the Leprechaun.

of the Youth Center. Our celebration included "Mean Green Dress-Up Day," Friday March 16, 1990 and a discussion of the origin of St. Patrick's Day.

Sandra Britton
Vista Worker



Felicia Beatty

Some Facts And Figures About Poverty

Facts about the Food Stamp Program from the Food Research and Action Center in Washington, DC:

- Over 82 percent of all food stamp benefits go to households with children, and 79 percent of these households are headed by women.

- 50.8 percent of Food Stamp Program participants are children, 8.4 percent are elderly, and 27.5 percent are nonelderly women.

- 7.1 percent of food stamp households include a member who is disabled.

- The average food stamp benefit per person meal is 57 cents. (For more information, contact: Food Research and Action Center, 1319 F Street, N.W., Suite 500, Washington, DC 20004. 202-393-5060.)

From an analysis of the 1988 Census Bureau poverty report by the Center on Budget and Policy Priorities:

Harmony House Selects Student And Youth Of The Month

Harmony House is proud to present the March Youth of the Month, Latifa Fed.

She was chosen for her admirable behavior and attitude to help the youth program staff with its goals and projects. Latifa can always be counted on to volunteer her services to the work of the youth program. Keep up the good work Latifa. We are very proud of you.



Our special student for this month is Felicia Beatty. She was chosen for her continued academic excellence and for her performance in the after-school program. Felicia is a very intelligent young lady who will be proud of many achievements in the future.

Congratulations!



Despite six years of economic recovery Americans (31.9 million) fell below the poverty line (\$9,435 for a family of three) in 1988.

• The income gap between rich and poor families widened in 1988. The wealthiest fifth of all families received 44 percent of the national family income in 1988 while the poorest fifth received 4.6 percent.

• The income of the average poor family fell \$1,951 below the poverty line in 1988.

• In the 1960s and 1970s, full-time work at the minimum wage generally raised a family of three above the poverty line, but left such a family \$2,000 below it in 1988. (For a copy of the report, "Laboring for Less: Working but Poor in Rural America," contact: Center on Budget and Policy Priorities, 236 Massachusetts Avenue, N.E., Suite 305, Washington, DC 20002, 202-544-0591. Cost: \$8.00)

At Your (Social) Service

by the Staff of NCC Social Services Department

A Lawyer Some Day

Student of the month for March is a new comer to the AfterSchool Program this year. Kamia Johnson is eleven years old and attends the sixth grade at Newton Street School. While at our program she is assisted by Mrs. Padilla a Vista Volunteer. Mrs. Padilla enjoys working with Kamia; she has commented on Kamia's eagerness to learn as much as she can.

Kamia plans to become a lawyer some day and would also like to do some professional writing. Her favorite subjects are reading. Outside of school she likes to go skating and does some writing for fun. We are glad to have her here with us. She sets a good example for the younger participants.

Congratulations! Keep up the good work!



Kamia Johnson

To Face The Future

On March 21st, Mrs. Gaines, head R.N. of obstetrics and gynecology and Mrs. Wiggins from the University of Medicine and Dentistry of New Jersey were guest speakers at NCC's Teen Lounge. They came to share their knowledge about pregnancy, sexually transmitted diseases and two new diseases that are not well known yet with our youth.

The group was gathered to hear and discuss these issues among some of our teens and young women. Many questions were asked.

The women stressed to the group that their education should be a very important aspect of their lives right now. As a follow up to this gathering the group was invited to visit UMDNJ's facilities and resources.

Skating Enjoyed

On March 16th the youngsters of New Community had the opportunity to enjoy an afternoon of roller skating. The group traveled to the Union 22 in Union for two hours of skating. Since there were other groups there for birthday parties, most of the time the rink was open just with our group skating. Everyone had a good time and they are looking forward to next month's trip.

Basketball League Winding Down

As part of the youth department's recreation, and the Newark Board of Education's elementary basketball league, the youth played basketball to our boys and girls. The teams come out of Newton Street School.

Most of the members of the teams are New Community residents. Because of past experiences with the Board of Education and the good interaction that New Community has with them, Elmer Segron has been the coach. This brings educational and community aspects together, thus creating a unified team.

The boy's team has a record of 8-1. The way they are advancing these days they just might be on their way to the city finals. The girls team is also working hard and we are proud of them both.



Slam Dunk!

Anchor's Away!

Hardy fisher persons gear up! Our first excursion will be on Monday April 23rd, (weather permitting). We will be going deep sea fishing in search of Mackeral.



Cost will be \$25.00 for boat fee and transportation. Seats are limited to first 10 persons as room is needed for tackle.

For more information contact Ms. Cook 623-6299.

NEW COMMUNITY HEALTH CARE CENTER 233 WEST MARKET STREET, NEWARK, N.J. 07103

NEW COMMUNITY HEALTH CARE CARES ABOUT YOU!!!

We serve the health needs of not only NCC residents, but are available to the people of the entire area.

Our doctors are dedicated, well-trained professionals who specialize in:

PODIATRY (Feet)
ENT (Ear, Nose, Throat)
GYNECOLOGY (Women)

URINARY (Urinary Tract)
INTERNAL MEDICINE
OPHTHALMOLOGY (Eyes)

HEMATOLOGY (Blood)
PEDIATRICS (Children)
NUTRITION (Consultation)

Transportation provided at minimal cost. Any Medical Insurance welcome. Please call for an appointment or information.

TELEPHONE: (201) 623-2480

NCC's 4th Annual Older American Pageant Coming

It is that time of year when we have special people of NCC who have and are giving a lifetime of pleasantries and joy to all.

We will be honoring our older residents by having a pageant made up of a male and female chosen from each complex as their king and queen. From this group will be chosen the king and queen to represent New Community as the most outstanding older persons in the community.

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Senior Calendar

Health screening by UMDNJ will be held at the following sites

April 6 - NC Gardens 11 am
April 10 - NC Douglas 11 am
April 20 - NC Associates 11 am

April 10 NC Senior Advisory Board
April 12 Last Supper Community Dinner at St. Rose of Lima

School Hall 7 p.m.
Everyone come and bring a dish

April 13 Good Friday - Office is closed
April 15 Easter Sunday, Rejoice!

April 30 Chinese Auction at Roselle Catholic High School
6:30 p.m. \$20.00

May 12 NCC King and Queen Pageant at St. Joseph Plaza
12 noon-2:30 p.m.

May 16 Trip to South Mountain Arena Zoo \$5.00

Come Meet The Easter Bunny

For a special Easter Brunch Come join us for lunch! Teens and tots bring daddy and mommy

Dress in your Easter finery. Make a date to be at the Priory If its raining or sunny

We are sure you will love our Candy Pink Bunny.



Make this Easter extra special Bring the family to a place that's memorable The Priory Restaurant at St. Joe's Plaza

Where their Sunday Brunch makes people gather

Have your picture taken with the Easter Bunny And a holiday treat will make your day sunny

Happy Easter! We will be there from 11:30 - 3:00
233 West Market Street, Newark, NJ
Phone 242-8012

Around The World In 240 Minutes

Friday March 30th, a little over 300 people climbed the steps to the best mini-cruise given on dry land.

The St. Rose of Lima School Hall was transformed into the Lido Deck of the cruise ship. The walls were lined with flags of 16 countries who were uniting in unity. Like any cruise there was a fabulous array of such international cuisines as fried jaleas, lasagna, "dirty rice," chicken teriyaki, Mississippi bread pudding and a variety of foods from Cancun, Bolivia, the Philippines, Mexico, Italy and more.

Lights were dimmed and it was time for the entertainment.

There was a fashion show which featured such items of elegance as a lovely sari and headress from Sri Lanka and evening dresses from the Philippines to hand spun cottons from the Caribbean and the elegance of Paris, France.

To further our continental experience lively entertainment was presented while not only showed the diversity of our world but the multiple talents of some residents and employees of the New Community, Babyland, St. Rose Network. There was a graceful Philippine cane

dance performed so skillfully it mesmerized the audience. One misstep could have meant a broken ankle but Mrs. Debbie Rohrman and her handsome partner Benjie Pop, who had done this many times before, did not let this stop them.

Several groups from the youth and teen center also showed off their energetic dancing and singing talents to the delight of the younger fans.

With all cruises and trips it is time to say goodbye and you are glad for the chance to have collected such wonderful memories. To send off our cruise we had the "Jersey Steel Band Orchestra." We may not all speak the same language but one thing is sure, music is universal, and when this band started there was a feeling in the air that pulled the crowd to their feet, young, old, black and white, Hispanic were all one large family sharing the same jubilation and sharing this joyous festival of nations.

Aloha! Bebas Noches! Gutt Nacht! Goodnight!

Do hope you will join us on next year's International Night Cruise III. Joyce Cook

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Cruise III.

Joyce Cook

Changing A Stereotype

There's a stereotype lurking in the caverns of the minds in today's society: it is a stereotype that isolates teenagers into a corner, which makes them seem callow and selfish. This is a corner from which they cannot escape unless they do something about it. However, there is a group which has taken the initial step towards changing this viewpoint.

An innovative youth group of the Saint Rose of Lima Church is trying to reverse this negative trend of thought. The group's name is Youth Incorporated, which is made up of twenty energetic, caring, creative youths. The president is Carmen Rivera, who is a sophomore in high school. Maria Maues is advisor to the group helping with decision making.

On February 13, 1990, the youth group visited the New Community Extended Care Facility in Newark, which is a nursing home for the elderly.

A lot of people there had not received company in a long time, therefore, they appreciated someone to talk to. The young people tried to bring a smile to everyone even if it was just for one day. Teaching them that they brought a smile to people's cards while the residents could keep as a reminder that someone cares. All who participated experienced a sense of fulfillment and warmth in their hearts. The youths enjoyed the visit because it was a wonderful experience to remember. It taught that caring and love could be given at any time of any day because there will always be someone to appreciate it and also to

return the love.

They feel that if you succeed with

even one person, they will be closer to showing society that a lot of young



Brightening an elderly lady's day.

people do care, not about sex and drugs, but about people, communication and the future.

One of the reasons why society's perception of teenagers is so negative is because we live in a city where many horrible things occur; but society tends to try to judge the individual and not the whole opinions on a stereotypical picture.

They must realize that the world is also a place of opportunity and young people deserve the chance to escape negative beliefs of today's minds. Youth Incorporated will try to be altruistic because its members believe that the difference is made internally and individually.

Crissy Caceres



A little conversation goes a long way to learn about the elderly.

Census 1990: It's Important

Two hundred years ago there was a struggle; people stood up and demanded their rights. Decisions and actions were made based on their numbers. These people were afraid of being counted... proud to show their strong numbers.

Now it is our turn to see that decisions and policies are made based on our numbers. We must stand up and be counted the month during the taking of the 1990 census.

State senators, federal funding, school aid, these are a few things that WE can change to work in our favor. There are too many in Essex County as well as in other places who feel they are unimportant and cannot do anything to effect change.

Well, this is not true. Everyone counts. When you check your mailbox don't shrug your shoulders and toss your census form aside or trash it. Before you do, think about this: you could be throwing away a million dollars in subsidized housing, two million dollars in home energy benefits, a million dollars in senior transportation, two day care centers and a school. That is a lot to throw in the garbage.

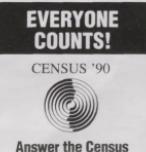
Now, how about reaching down, wrinkling the form and taking a few moments to create a decade of positive changes?

You can't do it? It's all right. There are people who can assist you. Someone will help you. Just agree to fill it out. Do not throw it away. Call Social Services for help at 623-6114.

Show up and be counted. Don't let the joke be on you!

Martin Luther King Jr. wrote "I am somebody." Marion Anderson sang "Lift Every Voice." They believed all of us are important.

Joyce Cook



Encouragement Goes A Long Way

When Major Brison lost his left leg in 1967 due to a blood clot, he struggled to overcome the limitation but found the situation extremely difficult. Then in 1987 he suffered a stroke which left his left arm paralyzed. This led to severe depression, anger and self-pity.

Now, three years later this sixty year old is making a comeback. Straightening himself up on his wheelchair Major has come a long way." Major credits his former home health aide Cassandra Finney and present one, Ponetta Blue for the difference. "They encouraged me to do things for myself and showed me how."

"You can do it," they urged. These words plus their genuine concern have boosted Major's self-esteem and the outcome is progress. He recalls previous attempts to stand and take care of himself which ended in the outcome guard causing him to pick him up off the floor. Now, with his new technique, and no longer fearful, he succeeds in his personal hygiene.

Feeling better about himself and his accomplishments regarding dress, cooking and reading the Gospels, Major joined the Associate Gospel Chapel. "I like to sing because whenever you're depressed, singing lifts you up. The Lord has been good to me," he adds.

"It took a long time to cope with the



Major Brison with his good friend Home Health Aide Ponetta Blue.

situation of being paralyzed," Major admitted. "I was angry all the time. Then I started to learn. When you start to understand, your attitude gets a whole lot better. There are things I know I can't do no matter how hard I try and I have to accept that."

But Major is determined that he is going to walk again with a prosthesis and the progress he has already shown is just the beginning.

—Karl Kay

There's Always Room For One More

This Is An Old Saying In Large Families But Can You Too Find Room For A Foster Baby?

There is no such thing as an unemployed child, just an unfound home.

That is the philosophy of the N.J. Division of Youth and Family Services (DYFS) foster care program.

And nowhere is that philosophy more valuable than in the case of so-called "boarder babies," children living in hospitals who no longer need hospital services. These infants are medically cleared for discharge, but have no home to go to.

Although hospital staff attempt to provide the stimulation these children need, the normal one-to-one contact provided by a parent is missing. These children need care to help them outgoing to feel the warmth of the sun and breathe fresh air. The joy of childhood is easily lost in the sterile surroundings of a hospital.

But despite the constant efforts of DYFS, there are still many families for these children, there are still not enough homes. These are some of the children waiting for a family (names are changed.)

Betsy, aged two months, has AIDS, and requires physiotherapy and medical attention. Her mother was recently released from prison and has no place to live. Betsy's grandmother is unable to care for her, as she works. The child has been waiting for a family for almost a year.

Thomas fell from a second story apartment window. At 8 years of age, he is at a one-year-old functioning level due to brain damage. Thomas is the youngest of six children, and his mother does not care for him. He waits in a central Jersey hospital for a foster home.

Larry and Lorraine, one-year-old twins, were born with developmental delays and have seizure disorders. Larry has a hearing impairment and both have visual impairments. This brother and sister should stay together, but first they need a home.

DYFS provides a minimum of ten

hours of basic pre-service training to all foster parents; a special category of those who take physically fragile children — will receive additional training.

During basic training, prospective parents learn about the laws and regulations governing children in foster placement. Information is given to the prospective family about the community in which they live. The parents are taught discipline techniques for these children which build self-esteem and responsibility.

DYFS provides board payments and clothing allowances, and the foster children are entitled to medical, dental and psychological supports for the children are available throughout the community, and through DYFS contracts with various provider agencies.

But despite the best of the foster families are able to touch the lives of tomorrow's leaders. There is something priceless about a smile from a child that a foster family has helped when no one else would.

Betsy, Thomas, Larry and Lorraine are just a few. But as more youngsters have been placed in a foster home, there will be others.

For more information on the Foster Parent Program, call the toll-free information line 1-800-222-0047 or Victoria Ndungu at 648-7770 today.

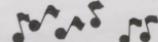
NC Gardens Seniors

A Garden Contest featuring the Fabulous State of Georgia from Charleston, South Carolina was enjoyed by the tenants of 115 Hill Street on Sunday, February 18, 1990.

Thanks to Ms. Violet Brown and Ma. Helen Vaughn who made the contest possible.

Everyone had a happy time listening to such beautiful voices.

Ruby Marshall



St. Rose Boys Visit Princeton

An educationally enriching day at Princeton University and Woodrow Wilson School of Public and International affairs was enjoyed by the 7th and 8th grade male students of St. Rose of Lima School.

This trip was carefully arranged by Ms. Nancy Beer, Research Associate at St. Rose School and a long time friend of NCC.

The day began at 8:00 a.m. at St. Rose School, where the students gathered for the trip to Penn Station. The morning rush hour at Penn Station served as a learning experience in public transit in meeting a tight schedule. Upon arrival in Princeton, Ms. Beer and a Princeton University sophomore, Ms. Adrienne Weatley met the group to begin the tour of the University. Ms. Weatley shared her personal experiences as a student, even to the point of taking the group to her dorm room.

The group visited Princeton's

famous buildings which are historically significant in Pre-Revolutionary history.

At lunch, the students experienced the tradition of Princeton's eating clubs, where they had lunch and interacted with a group of minority students from around the world. A few important minutes were spent in a history class after lunch to demonstrate the Princeton educational experience.

Ms. Jeanette Hutton, a senior engineering student and a few of her classmates toured the engineering computer lab with us, where students had hands on contact and a demonstration of the software.

The Princeton/Woodrow Wilson experience was very exciting and filled full of educational exposure and career planning. We would like to thank all who made this event a most enjoyable exchange.



An original old building at Princeton complete with arbor draws the student's attention.



I wish I owned this radio record collection at home.



Adrienne Weatley introduces the students to the reality of dormitory life.

The Cross And The Tomb

A cross is a structure consisting of an upright with a transverse beam used especially by the ancient Romans for execution, extreme and painful punishment, affliction, and suffering. A tomb is a place of interment for the dead formed wholly or partially in the earth or above ground and used for depositing the dead associated with hope and joy. If you are feeling forlorn, one of the least likely places in which you would consider finding consolation is at a tomb. If you ever wanted to see something of importance or hear something pleasant and beneficial, the last place that you would consider looking would be at a tomb. Tombs, after all, are for dead people.

Yet, if Easter is about anything, it is about the hope that came out of a tomb. It is the announcement and celebration that death had been defeated, right had triumphed over wrong, love had conquered hate, and righteousness had defeated sin, and life had escaped from death. Easter, with its message of hope, did not occur in a temple with its fine tapestry and ornaments, and with blaring proclaiming trumpets, but at, of all places, a cold and lonely tomb.

Before the Cross, untrue statements were made about Jesus Christ with the intent to create a false and misleading impression, but deception couldn't hold Him down. There were those antagonistic to Him, but antagonism couldn't hold him down. His accusers were jealous of Him, but jealousy could not hold him down. He was scorned, but scorn didn't hold Him down. In the end, He was crucified and killed, but even death and the tomb couldn't hold Him down. He is risen!

Because Christ lives, hope withstands, love perseveres, virtue empowers, sanctification empowers, divinity impels, and truth lives. Most of all, because Christ lives, we live also.

Therefore, if any one is in Christ, he is a new creation; the old has passed away; behold, all things have become new." In our hurried lives, we must not forget that crucified on the cross, Jesus Christ died that we might live reconciled of our sins, not for a while, but for eternity.

Lewis Graves
Springfield Branch
Newark Public Library



The Hidden Lesson

As we try to be caring adults in the life of a child, helping to promote positive growth and development, there will be wonderful times and there will be times of frustration and perplexity which seem unavoidable.

It will help to keep in mind two things. First, a child is precious. Everything about a child's life is precious. He/she is valuable and worthwhile. Second, a child is dependent, in need of someone to help with the simplest tasks in life, the most complicated ones. For a child, these needs are urgent demands.

Demands are very wearing on an adult and there are times when demands are unwelcome. One more question, request, case of back talk is one thing, but what do we do then — scream, hit, belittle? There are some actions that come to the mind almost automatically when an adult is worn out by the needs of a child.

Any of these actions by a parent in desperation will cause an immediate reaction to the child ranging from sullenness and hurt feelings to shame, fear and tears. But such actions will also teach a child a hidden lesson.

That is, that whenever we scream, curse, hit, or belittle, get their own way. So having learned this lesson from their parents a child will be sure to use this behavior on others — certainly on other children, and maybe with adults.

When we see a child behave this way, we may call him fresh, poorly behaved or a bully. We may even wonder where on earth he/she learned such things without ever realizing the part we ourselves played.

So let us treat our children with kindness, patience and gentleness — ways that say clearly to them that they are precious, worthwhile and valuable. Then, then will be the lessons lessened on to others.

Catherine C. Tassy
Social Worker
St. Rose School



Students take a look at the crozier used for graduation and dream of the future.